

# **EXHIBIT A-3**

been used in violation of the Policy. The Independent Administrator must inform the Parties if he/she intends to place a Player on reasonable cause testing on this basis prior to commencement of the reasonable cause testing. In addition, the Independent Administrator will be entitled to review any available past and/or current medical or testing records.

Such discipline may be imposed within the season of the year in which the positive test occurred, or, if the Independent Administrator prescribes follow-up measures that entail delay in the final determination, in a subsequent season.

#### Blood Testing

Blood testing will commence 14 days (or shortly thereafter) from the date of the Parties' agreement on this Policy.

All Players shall be eligible to be tested for growth hormones through serum (blood) analysis using the isoform hGH test unless and until the Parties agree on use of another testing methodology.

Players who are not in reasonable cause testing shall not be subject to more than six blood tests per calendar year.

No blood testing will occur on game days.

Blood testing will take place under the following circumstances:

**Annual:** The Independent Administrator will, by means of a computer program, randomly assign twenty percent (20%) of each Club's Players selected for Annual Testing under Section 3.1 to receive serum testing in addition to urine testing.

**Preseason/Regular Season:** Each week during the preseason and regular season, by means of a computer program, five (5) Players from eight (8) randomly selected Clubs, who are selected for Preseason/Regular Season Testing under Section 3.1, will receive serum testing in addition to urine testing. Players will be required to submit to testing whenever they are selected, without regard to the number of times they have previously been tested consistent with the limits set in this Policy.

**Postseason:** Five (5) of the ten (10) Players selected for testing under Section 3.1 on every Club qualifying for the playoffs will receive serum testing in addition to urine testing as long as the Club remains active in the postseason.

**Off-Season:** By means of a computer program, the Independent Administrator will randomly assign ten percent (10%) of each Club's Players selected for Off-Season Testing under Section 3.1 to receive serum testing. Such testing may be in lieu of urine testing at the Independent Administrator's discretion.

**Pre-Employment:** Pre-employment tests may be administered to free agent Players (whether rookies or veterans). In addition, the Independent Administrator will randomly select thirty (30) Players for serum testing (in addition to urine testing) at the League's annual scouting combines.

**Reasonable Cause Testing:** Any Player subject to Reasonable Cause Testing pursuant to Section 3.1 shall be eligible for serum testing at the discretion of the Independent Administrator (subject to the collectively-bargained maximum of 24 urine and/or blood tests per Player per year).

Players who test positive under this Section will be subject to discipline as set forth in Sections 3, 6 and 12 of the Policy.

Before discipline is imposed, Players will have the appeal rights set forth in Sections 10 and 11 of the Policy.

## **8. MASKING AGENTS AND SUPPLEMENTS**

The use of so-called “blocking” or “masking” agents is prohibited by this Policy. These include diuretics or water pills, which have been used in the past by some Players to reach an assigned weight.

In addition, a positive test will not be excused because it results from the use of a dietary supplement, rather than from the intentional use of a Prohibited Substance. Players are responsible for what is in their bodies. For more information concerning dietary supplements, see Appendices D and E.

## **9. ARBITRATION PANEL; APPEALS SETTLEMENT COMMITTEE**

All appeals under Section 6 of this Policy shall be heard by third-party arbitrators not affiliated with the NFL, NFLPA or Clubs.

The Parties shall jointly select and be equally responsible for compensating no fewer than three but no more than five arbitrators to act as hearing officers for appeals under Section 6 of this Policy. Such arbitrators shall have appropriate expertise in matters under this Policy and shall be active members in good standing of a state bar association. Unless the Parties mutually determine otherwise, each arbitrator shall serve a minimum two-year term, after which he or she may be discharged by either Party upon written notice to the arbitrator and other Party. The arbitrators’ fees and expenses shall be shared equally by the Parties.

The selected group of arbitrators shall designate one of its members to be the Notice Arbitrator, who also will be responsible for assignment of the appeals. Prior to the first preseason game, the Notice Arbitrator will ensure that at least one arbitrator is assigned to cover every Tuesday of the playing season through the Super Bowl. Appeals will automatically be assigned to the arbitrator assigned to cover the fourth Tuesday following the date on which the Player is notified of discipline. During the off-season, the Notice Arbitrator shall assign appeals on a rotating basis such that a hearing may be scheduled within thirty (30) days of the issuance of the notice of discipline.

An Appeals Settlement Committee consisting of the NFL Commissioner and the NFLPA Executive Director or their respective designees shall have authority to resolve any appeal under this Policy, which resolution shall be final and binding. Should the NFLPA believe that “extraordinary circumstances” exist which warrant reduced or vacated discipline, the Executive Director may raise them with the Commissioner. Consideration of an appeal by the Appeals Settlement Committee shall not in any way delay the appeals procedures outlined in this Policy, and no appeal may be resolved by the Appeals Settlement Committee once a decision on the appeal has been issued.

## 10. APPEALS

Except as is expressly set forth elsewhere in this Policy, any dispute concerning the application, interpretation or administration of this Policy shall be resolved exclusively and finally through the following procedures:

Section 5 Appeals. Appeals of discipline issued pursuant to Section 5 of this Policy shall be heard by the Commissioner or his designee.

For such appeals, a Player shall have a right to appeal a decision affirming discipline to a member of the Appeals Panel established under Article 15 of the CBA, subject to the provisions of this Section.

This right of appeal (“Due Process Appeal”) is limited to claims only in the following circumstances:

- (a) The conduct of the appeal or hearing did not comport with one or more of the following established principles of industrial due process: (i) the Player was not provided with notice of the basis for the discipline; (ii) the Player was improperly denied an opportunity to present evidence or testimony in support of his appeal; (iii) the Player was improperly denied the opportunity to cross-examine a witness whose testimony was offered in the Section 5 appeal hearing in support of the discipline imposed; or (iv) the Player was improperly denied access to documents or other evidence in the possession of the League or a Club and unavailable to the Player or his representatives indicating that he did not violate the Policy or that a witness whose testimony was offered in the Section 5 appeal hearing was untruthful; or
- (b) The decision affirming the discipline subjected the Player to an increased and disparate sanction when compared to other similarly situated Players and the Hearing Officer failed to reasonably set forth the basis for the variation. Any discipline imposed that falls within a specified numerical limit set forth in the Policy shall have a rebuttable presumption that it is not disparate.

**Procedure:** A Due Process Appeal must be noticed within three (3) business days of the appeal decision, and must be initiated in writing to the Appeals Panel with a copy of the hearing transcript by overnight or electronic mail with copies of the notice to the Management Council and NFLPA. The Appeals Panel shall appoint one of its members to preside over the Due Process Appeal. The notice must set forth the specific basis of appeal under (a) or (b) above, with citations to the hearing transcript identifying the challenged decision or ruling. Within two (2) business days following the receipt of the notice, the Management Council and/or NFLPA may submit a responding letter brief. Absent instruction from the appointed Appeals Panel member, no other submissions will be permitted.

The appointed Appeals Panel member shall promptly determine whether to schedule a hearing or decide the Due Process Appeal based on the written submissions. If a hearing is directed, it shall take place via telephone conference call on the first Tuesday following receipt of the responding submissions (or the second Tuesday if the first Tuesday would be impracticable) and shall not include the introduction of any documentary evidence or testimony beyond the record and proffers made in the Section 5 appeal and any proffer of documents or other information alleged to be improperly denied under (a) above. The appointed Appeals Panel

member shall render a decision within three (3) business days following receipt of the parties' written submissions or the hearing, whichever is later. The decision may be a summary ruling followed by a formal decision.

**Standard of Review; Scope of Relief:** To prevail on a Due Process Appeal, the Player must demonstrate that the challenged decision or ruling was clearly erroneous and in manifest disregard of the principles of the Policy and the Player's rights thereunder. The Player's Due Process Appeal right will be deemed waived if no objection regarding the challenged decision or ruling was raised during the Section 5 appeal hearing. If the Due Process Appeal is premised on a matter that: (i) first appeared in the decision itself; or (ii) was discovered after the Section 5 appeal hearing and was unknown, and could not reasonably have been known, by the Player and his representatives at that time, the new information and the circumstances surrounding its discovery must be set forth in the notice of appeal or the appeal right will be deemed waived. In any Section 5 appeal or Due Process Appeal, all court records shall be fully admissible and any finding or judgment of a court shall be binding and not subject to challenge.

If the Player establishes his claim as set forth above, the appointed Appeals Panel member shall stay the discipline and remand the matter to the third-party Notice Arbitrator with instructions for further proceedings. The appointed Appeals Panel member shall have no authority to make substantive rulings on any matter addressed by the Policy including, without limitation, issues related to the administration of the Policy, identification of banned substances, a Player's status under the Policy, confidentiality, specimen collection, laboratory procedures and protocols, medical care or clinical assistance, the imposition of sanctions or discipline other than as provided in subsection (b) above and/or the disciplinary authority of the Commissioner or his designee as hearing officer.

On remand, the Notice Arbitrator or appointed third-party arbitrator shall decide the Player's claim and any discipline based on the record in the Section 5 appeal and any documents or other information determined to have been improperly denied. Such appeal shall not be *de novo*: the third-party arbitrator shall consider new evidence or testimony only if so directed by the appointed Appeals Panel member. In the event new testimony must be considered by the third-party arbitrator, such testimony must be presented by the first Tuesday immediately following remand (or the second Tuesday if the first Tuesday would be impracticable).

The decision of the appointed Appeals Panel member, and any subsequent decision by a third-party arbitrator on remand, will constitute full, final and complete disposition of the Due Process Appeal under this Section and will be binding upon the parties.

Section 6 Appeals. Any Player who is notified by the NFL Management Council that he is subject to a fine or suspension for violation of the terms of this Policy may appeal such discipline in writing within five (5) business days of receiving notice from the NFL that he is subject to discipline.

Appeal hearings will be scheduled to take place on the fourth Tuesday following issuance of the notice of discipline. Upon agreement of the Parties, the hearing may be rescheduled to another date. In the absence of an agreement, a party may request a conference call to move for a new date based on extenuating circumstances. In such case, should the arbitrator conclude that a new date is warranted, a new date may be scheduled, but in no instance shall the rescheduled date fall more than one week after the originally scheduled date unless otherwise

ordered by the arbitrator.

At the appeal hearing the Player may be accompanied by counsel and may present relevant evidence or testimony in support of his appeal. Additionally, the NFLPA may attend and participate notwithstanding the Player's use of other representation. The hearing may be conducted by conference call upon agreement of the Parties.

The decision of the arbitrator will constitute a full, final, and complete disposition of the appeal and will be binding on all parties. The arbitrator shall not, however, have authority to: (1) reduce a sanction below the minimums established under the Policy; or (2) vacate a disciplinary decision unless the arbitrator finds that the charged violation could not be established.

Pending completion of the appeal, the suspension or other discipline will not take effect.

The NFL Management Council may, prior to the conclusion of a Player's appeal, reduce the length of the suspension and corresponding bonus forfeiture by up to 50% when the Player has provided full and complete assistance (including hearing testimony if required) to the Management Council which results in the finding of an additional violation of the Policy by another Player, coach, trainer or other person subject to this Policy.

Other Appeals. Any Player who has a grievance over any aspect of the Policy other than discipline under Sections 5 or 6, including but not limited to suspensions and fines for failure to appear for testing (see Appendix H), must present such grievance to the Players Association (with a copy to the Management Council) within five (5) business days of when he knew or should have known of the grievance. The NFLPA will endeavor to resolve the grievance in consultation with the Management Council. Thereafter, the NFLPA may, if it determines the circumstances warrant, present such grievance to: (i) the designated third party arbitrator selected pursuant to Section 9 for final resolution for any disciplinary action; or (ii) the Commissioner for any other matter. Such appeal must be presented no later than thirty (30) calendar days after the Player's presentment of the grievance to the NFLPA.

## **11. BURDENS AND STANDARDS OF PROOF; DISCOVERY**

Burden of Proving the Violation. In any case involving an alleged violation due to a Positive Test, the Management Council shall have the burden of establishing the Positive Test Result and that it was obtained pursuant to a test authorized under the Policy and was conducted in accordance with the collection procedures and testing protocols of the Policy and the protocols of the testing laboratory (herein collectively "the Collection Procedures"). The Management Council is not required to otherwise establish intent, negligence or knowing use of a Prohibited Substance on the Player's part.

The Management Council may establish that a test result was "positive" by introducing analytical findings provided by the testing laboratory and verified by the Chief Forensic Toxicologist, and by demonstrating that the test result was for a Prohibited Substance as identified in Appendix A of the Policy at the level required by the testing protocols. The specimen collectors, Independent Administrator, Chief Forensic Toxicologist and testing laboratories will be presumed to have collected and analyzed the Player's specimen in accordance with the Policy. In that respect, the Management Council may rely solely on the information contained in the standard laboratory documentation package (see Appendix G)



provided to the Parties, which shall be admissible without regard to hearsay challenge, to demonstrate that the test was conducted in accordance with the Collection Procedures, including, without limitation, that the chain of custody of the specimen was maintained.

In addition, in any case involving a positive test result for hGH, the Management Council shall have the burden of establishing the presence of hGH in the Player's blood specimen. As part of meeting that burden, the Management Council shall be required to establish the accuracy and reliability of the blood test administered to the Player. The Players Association and the Player may present any evidence in response, and the Parties' agreement to allow the test to be conducted shall be irrelevant to the arbitrator's determination as to whether the Management Council has met that burden. The Management Council is not required to otherwise establish intent, fault, negligence, or knowing use of hGH on the Player's part to establish a violation.

Challenges to the Proof of the Violation. The Player may challenge the initial showing by the Management Council that the result was "positive" or that it was obtained pursuant to a test authorized under the Policy or was conducted in accordance with the Collection Procedures. If the Player alleges a deviation from the Collection Procedures with credible evidence, the Management Council will carry its burden by demonstrating that: (a) there was no deviation; (b) the deviation was authorized by the Parties; or (c) the deviation did not materially affect the accuracy or reliability of the test result.

In any case involving a positive test result for hGH, the Player has a right to challenge any aspect of the science of the isoforms test, including but not limited to challenges to the decision limits and any population studies used to establish them, but neither the absence of a joint NFLPA/NFL population study nor the election to forgo such a study shall be relevant or admissible for any purpose or imposed as a remedy by the hearing officer in any appeal.

A Player is not in violation of the Policy if the presence of the Prohibited Substance in his test result was not due to his fault or negligence. The Player has the burden of establishing this defense. A Player cannot satisfy his burden merely by denying that he intentionally used a Prohibited Substance; that he was given the substance by a Player, doctor or trainer; or that he took a mislabeled or contaminated product, and the Player must provide objective evidence in support of his denial.

A Player may challenge a positive test result at any time on the basis of newly-discovered scientific evidence that questions the accuracy or reliability of the result. Such a challenge may be brought even if the result previously has been upheld on appeal. Such a challenge may not be based on a decision by the Parties to employ a different testing technology at a later time. Should such a challenge be upheld, the arbitrator may direct a payment to a Player to make him whole for lost salary at the time the suspension was served. Any such payment will count against the total Player Cost for the year in which the payment is made.

Pre-Hearing Discovery. Within seven (7) business days of issuing a notice of discipline, the League shall provide the Player with an indexed binder containing the relevant correspondence and documentation. Within four (4) business days of receipt of the binder, the Player and League shall make any written requests for additional discovery sought. If there is no objection to the request, documents will be provided within five (5) business days or as soon as the documents are obtained. Objections will be promptly submitted via conference call to the arbitrator for decision.

No later than four (4) business days prior to the hearing, the Player will complete and submit

a statement setting forth the specific grounds upon which the appeal is based with supporting facts in the form of proffered testimony or documentary evidence (“Basis of Appeal”). Once submitted, evidence on issues outside the scope of the Basis of Appeal shall not be permitted absent a showing by the requesting party of extraordinary circumstances justifying its inclusion. The Parties shall also be permitted to seek preclusion of evidence on any issue for which insufficient supporting facts are alleged or for which arbitral precedent previously has been established.

No later than four (4) business days prior to the hearing, the League and Player’s representative will exchange copies of any exhibits upon which they intend to rely and a list of witnesses expected to provide testimony. The failure to do so shall preclude the introduction of the late or nonproduced exhibits barring extraordinary circumstances as determined by the arbitrator. (This shall not preclude the introduction of rebuttal evidence). Following the exchange, the arbitrator may permit the parties to provide further supplementation as appropriate.

In presenting an appeal under this Policy a Player is not entitled to production of or access to records, reports or other information concerning other Players or the Policy’s bargaining history. Notwithstanding, this provision does not limit the Players Association’s access to appropriate information concerning all violations under this Policy.

Decision; Post-Hearing Briefs. Within three (3) business days after the hearing or the receipt of the transcript (whichever is later), the arbitrator will evaluate the evidence and issue a summary ruling. A formal written opinion shall be issued within ten (10) business days after the hearing or the receipt of the transcript (whichever is later). The failure of the arbitrator to timely issue the ruling and opinion will result in the arbitrator’s preclusion from handling further appeals for the remainder of the season in question. Post-hearing briefs will not be permitted, except that an arbitrator may request briefing on a specific issue or issues. If the arbitrator requests such briefing, he/she will set a submission deadline of not more than five (5) business days after the hearing or receipt of the transcript and a page limit of no more than ten (10) pages.

## **12. CONFIDENTIALITY**

### **12.1 Scope**

All Players (including authorized representatives), NFL employees, Club employees, NFLPA employees, Certified Contract Advisors, and persons involved in the administration of the Policy are subject to the confidentiality provisions of this Policy. The confidentiality of the matters under this Policy shall be protected. Except as allowed in this Policy or otherwise agreed to by the Parties, public disclosure, directly or indirectly, of information concerning positive tests, appeals or other violations of this Policy is not permitted.

The Management Council may publicly announce or acknowledge disciplinary action against a Player when a suspension is upheld or if the allegations relating to a Player’s violation of the Policy previously are made public through a source other than the Management Council or a Club (or their respective employees or agents).

In addition, the Management Council may publicly disclose information relating to the discipline of a Player to correct inaccurate public claims made by that Player or his



representatives about the discipline.

Finally, the Parties will discuss the possibility of periodically disseminating de-identified, aggregated information (including the nature of violations and/or substances involved) concerning the administration of the Policy.

### **12.2 Discipline for Breach**

The Parties may, in appropriate cases, agree to retain an independent investigator to investigate and report on alleged breaches of confidentiality.

Any Player, Club or Club employee who breaches the confidentiality provisions of this Policy shall be subject to a fine of up to \$500,000 by the Commissioner.

Any NFLPA employee or other person subject to the Executive Director's authority who breaches these provisions shall be subject to a fine of up to \$500,000 by the Executive Director. Any Certified Contract Advisor who breaches these provisions shall be subject to discipline under the NFLPA Regulations for Certified Contract Advisors.

Any other person involved in the administration of this Policy who breaches these provisions shall be subject to termination of services or other appropriate action.

The provisions of this Section shall be the sole remedy available to a Player or other party aggrieved by an alleged violation of the Policy's confidentiality provisions.

## **13. FINE MONEY**

Fines will be collected in accordance with Article 46, Section 5 of the Collective Bargaining Agreement.

## **14. BONUS FORFEITURE**

Players who are suspended pursuant to this Policy shall be required to forfeit any applicable bonus amounts in accordance with Article 4, Section 9 of the Collective Bargaining Agreement. The Parties acknowledge the inapplicability of "facial invalidity" claims on forfeitures based on violations of the Policy.

## **15. ELIGIBILITY OF PERSONS SUSPENDED BY OTHER ORGANIZATIONS**

Any person who has been suspended from competition by a recognized sports testing organization based on: (a) a positive test result reported by a World Anti-Doping Agency accredited laboratory for a substance banned under this Policy; (b) an effort to substitute, manipulate or otherwise fail to cooperate fully with testing; or (c) a violation of law or admission involving the use of steroids or other performance-enhancing substances, shall be permitted to enter into an NFL Player Contract or Practice Contract. Such person, however, will be placed on reasonable cause testing.

## **16. RETENTION AND DESTRUCTION OF SPECIMENS**

The Independent Administrator and Chief Forensic Toxicologist will work with the testing laboratories to develop procedures for the handling of NFL Player specimens following laboratory analysis, which procedures shall be subject to approval by the Parties. These procedures will ensure the destruction of negative specimens within 90 days of analysis and positive specimens within 30 days of final adjudication of a Player's discipline. Blood specimens may not be used for any purpose other than the testing delineated in this Policy. Certification of destruction of blood samples in compliance with the Policy must be sent to the Parties semi-annually. Once the procedures are developed, the Chief Forensic Toxicologist will monitor compliance and promptly report any confirmed or suspected failures to adhere to the retention and destruction procedures.

**APPENDIX A****List of Prohibited Substances**

The following substances and methods are prohibited by the National Football League:

**I. ANABOLIC AGENTS****A. ANABOLIC/ANDROGENIC STEROIDS:**

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Androstenediol	Androstederm
Androstenedione	Androstan, Androtex
1-Androstenediol	1-AD
1-Androstenedione	---
Bolandirol	---
Bolasterone	Myagen
Boldenone	Equipoise, Parenabol
Boldione	---
Calusterone	---
Clostebol	Turinabol, Steranabol
Danazol	Cyclomen, Danatrol
Dehydrochloromethyltestosterone	Oral-Turinabol
Dehydroepiandrosterone	DHEA, Prasterone
Desoxymethyltestosterone	DMT, Madol
Dihydrotestosterone	DHT, Stanolone
Drostanolone	Drolban
Ethylestrenol	Maxibolin, Orabolin
Fluoxymesterone	Halotestin
Formebolone	Esiclone, Hubernol
Furazabol	Miotolon
Gestrinone	Tridomose
17-Hydroxypregnenedione	---
17-Hydroxyprogesterone	---
Hydroxytestosterone	---
Mestanolone	---
Mesterolone	Proviron
Methandienone	Danabol, Dianabol
Methandriol	Androdiol
Methandrostenolone	Dianabol
Methenolone	Primobolan
Methyltestosterone	Metandren
Methyl-1-testosterone	MIT
7 $\alpha$ -Methyl-19-nortestosterone	MENT
Methylnortestosterone	---

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Methyltrienolone	---
Metribolone	---
Mibolerone	Testorex
Nandrolone	---
19-Norandrostenediol	19-Diol
19-Norandrostenedione	19 Nora Force
Norboletone	Genabol
Norclostebol	---
Norethandrolone	Nilevar
Normethandrolone	---
19-Nortestosterone (Nandrolone)	Deca-Durabolin
Oxabolone	---
Oxandrolone	Anavar, Lonovar
6-Oxoandrosterone	6-Oxo
Oxymesterone	Oranabol
Oxymetholone	Anadrol
Prostanazol	---
Quinbolone	Anabolicum Vister
Progesterone	---
Stanozolol	Stromba, Winstrol
Stenbolone	---
Testosterone	Andronate
1-Testosterone	---
Tetrahydrogestrinone	THG
Trenbolone	Finaject

*and other substances with a similar chemical structure and similar biological effect(s)*

#### B. HORMONES:

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Human Growth Hormone (hGH)	Saizen, Humatrope, Nutropin AQ
Animal Growth Hormones	---
Human Chorionic Gonadotropin (hCG)	Novarel, Menotropins
Insulin Growth Factor (IGF-1)	---
Erythropoietin (EPO)	---

#### C. BETA-2-AGONISTS (Clenbuterol, etc.)

#### D. ANTI-ESTROGENIC AGENTS:

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Aminoglutethimide	Cytadren
Anastrozole	Arimidex
4-androstene-3,6,17 trione	6-oxo
Clomiphene	Clomid
Cyclofenil	---
Exemestane	Aromastin

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Fadrozole	Afema
Formestane	Lentarone
Fulvestrant	Faslodex
Letrozole	Femara
Raloxifene	Evista
Tamoxifen	---
Testolactone	Teslac
Toremifene	Acapodene
Vorazole	Rivizor

E. SELECTIVE ANDROGEN RECEPTOR MODULATORS (SARMs) (brand names include Andarine, Ostarine)

## II. MASKING AGENTS

### A. DIURETICS

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Acetazolamide	Amilco
Amiloride	Midamor
Bendroflumethiazide	Aprinox
Benzthiazide	Aquatag
Bumetanide	Burine
Canrenone	---
Chlorothiazide	Diuril
Chlorthalidone	---
Cyclothiazide	Anhydron
Ethacrynic Acid	Edecrin
Flumethiazide	---
Furosemide	Lasix
Hydrochlorothiazide	Aprozide
Hydroflumethiazide	Leodrine
Indapamide	Lozol, Natrilix
Methyclothiazide	Aquatensen
Metolazone	Zaroxolyn
Polythiazide	Renese
Probenecid	Benemid
Quinethazone	Hydromox
Spiroglactone	Aldactone
Triamterene	Jatropur, Dytac
Trichlormethiazide	Anatran

*and other substances with a similar chemical structure and similar biological effect(s)*

### B. EPITESTOSTERONE

### C. PROBENECID

**III. STIMULANTS**

<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Adrafinil	---
Adrenaline	---
Amfepramone	---
Amiphenazole	---
Amphetamine	Greenies, Speed, Adderall
Amphetaminil	---
Benfluorex	---
Benzphetamine	---
Benzylpiperazine	---
Bromantan	---
Cathine	---
Clobenzorex	---
Cropropamide	---
Crotetamide	---
Dimethylamphetamine	---
Ephedrine	Ma Huang, Chi Powder
Etamivan	---
Etilamphetamine	---
Etilefrine	---
Famprofazone	---
Fenbutrazate	---
Fencamfamin	---
Fencamine	---
Fenetylline	---
Fenfluramine	Phen-Fen, Redux Fenetylline
Fenproporex	---
Furfenorex	---
Heptaminol	---
Isometheptene	---
Levmetamfetamine	---
Meclofenoxate	---
Mefenorex	---
Mephentermine	---
Mesocarb	---
Methamphetamine	---
P-Methylamphetamine	---
Methylenedioxyamphetamine	---
Methylephedrine	---
Methylhexanamine (Dimethylpentylamine)	---
Methylphenidate	Ritalin, Daytrana, Metadate, Methylin
Modafinil	Provigil
Nikethamide	---
Norfenefrine	---



<u>Generic Name</u>	<u>Brand Names (Examples)</u>
Norfenfluramine	---
Octopamine	---
Oxilofrine	---
Parahydroxyamphetamine	---
Pemoline	---
Pentetrazol	---
Phendimetrazine	---
Phenmetrazine	---
Phenpromethamine	---
Phentermine	Fastin, Adipex, Ionamin
Prenylamine	---
4-Phenylpiracetam	Carphedon
Prenylamine	---
Prolintane	---
Propylhexedrine	---
Pseudoephedrine *	Sudafed, Actifed
Selegiline	---
Sibutramine	---
Strychnine	---
Synephrine	Bitter Orange, Citrus Aurantium
Tuaminoheptane	---

\* Except as properly prescribed by Club medical personnel.

#### IV. DOPING METHODS

- A. Introduction of a Prohibited Substance into the body by any means, including but not limited to the introduction of a Prohibited Substance, or the ingestion or injection of a supplement of other product containing a Prohibited Substance.

Pharmacological, chemical or physical manipulation by, for example, catheterization, urine substitution, tampering, or inhibition or renal excretion by, for example, probenecid and related compounds.

#### B. ENHANCEMENT OF OXYGEN TRANSFER

The following are prohibited:

1. Blood doping, including the use of autologous, homologous, or heterologous blood or red blood cell products of any origin. (This prohibition is not intended to prohibit the use of platelet replacement procedures, except as they involve the use of a Prohibited Substance.)
2. Artificially enhancing the uptake, transport, or delivery of oxygen, including, but not limited to, perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products), excluding supplemental oxygen.

#### C. CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. Any effort to substitute, dilute or adulterate or otherwise tamper with a specimen, or to manipulate a test result to evade detection will be considered a violation of this Policy. These include but are not limited to catheterization and urine substitution.
2. Intravenous infusions are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations.
3. Sequential withdrawal, manipulation, and reinfusion of whole blood into the circulatory system is prohibited.

#### D. GENE DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The transfer of nucleic acids or nucleic acid sequences;
2. The use of normal or genetically modified cells;
3. The use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. For example, Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR $\delta$ ) agonists (e.g. GW 1516) and PPAR $\delta$ -AMP-activated protein kinase (AMPK) axis agonists (e.g. AICAR) are prohibited.